

# Bean Filling for Tacos or Burritos

**Makes:** 3 Tacos or Burritos

Tasty, quick, and easy to prepare.

## Ingredients

**1 tablespoon** vegetable oil

**1/2 cup** onion (chopped)

**1/2 cup** green pepper (chopped)

**1 cup** Pinto beans, dry (cooked)

**3/4 cup** salsa

**1/4 teaspoon** chili powder (or garlic powder)

**3** taco shells (warm or 3 flour tortillas)

**3 tablespoons** cheese or sour cream (shredded )

## Directions

1. Cook onion and green pepper in vegetable oil until soft.
2. Add cooked beans, salsa, and chili powder or garlic powder.
3. When beans are heated, mash them with a fork to make a thick mixture.

**For tacos:** Fill taco shell with bean mixture; top with shredded cheese or sour cream (and more salsa if you like).

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>240</b>
<b>Total Fat</b>	<b>10 g</b>
Saturated Fat	3 g
Cholesterol	5 mg
<b>Sodium</b>	<b>105 mg</b>
<b>Total Carbohydrate</b>	<b>31 g</b>
Dietary Fiber	7 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>9 g</b>
Vitamin D	N/A
Calcium	109 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

**For burritos:** In a warm flour tortilla, place filling on one side; top with shredded cheese or sour cream. Roll up and serve with extra salsa.

## Notes

**Tips:** Add shredded lettuce and tomatoes to tacos and other vegetables to burritos.

**Source:** Recipe adapted from University and Connecticut Cooperative Extension and U.S Dry Bean Council, [beans4health.com](http://beans4health.com).